

# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

October 2013

## Chicken Chili Vegetable Soup Easy Slow Cooker Chicken Pumpkin Pie Pudding



### Chicken Chili

1¾ to 2 pounds boneless, skinless chicken breasts  
½ cup chopped onion  
¾ cup diced celery  
2 cans (14.5 ounces each) diced tomatoes with green chilies  
2 cans (15 to 16 ounces each) pinto beans, undrained  
1 can (10 ounces) enchilada sauce  
2 teaspoons chili powder  
1 teaspoon cumin  
¾ cup fat-free or light sour cream  
2 tablespoons cilantro

1. Coat the inside of a 4- to 5-quart slow cooker with nonstick cooking spray.
2. Add all ingredients except the sour cream and cilantro to the slow cooker and mix.
3. Cook covered on low for 7 to 8 hours.
4. Stir well to break up chicken.
5. In a small bowl, mix sour cream and cilantro.
6. Top each serving with sour cream mixture.
7. Serve with corn chips, if desired.

**Nutrition Note:** This recipe makes 8 servings. Each serving has 260 calories, 3.5 grams of fat and 26 grams of carbohydrates.

### Vegetable Soup

1 pound lean or extra lean ground beef, browned and drained  
1 can (15 ounces) tomato sauce (low-sodium preferred)  
1 can (14.5 ounces) beef broth (low-sodium preferred) and 1 can water  
1 can (14.5 ounces) stewed tomatoes (low-sodium preferred)  
1 envelope dry onion soup mix  
1 package (12 ounces) frozen mixed vegetables

Mix all ingredients together in a slow cooker and cook on low for seven to nine hours.

Source: NDSU Extension Service, Now Serving: Slow Cooker Meals!  
<http://www.ag.ndsu.edu/pubs/yfl/foods/fn1511.pdf>

**Nutrition Note:** This recipe makes 8 servings. Each serving has 220 calories, 8 grams of fat and 15 grams of carbohydrates.

### Breastfeeding:

#### Why breastfeed?

*“I wanted to breastfeed because I didn’t get a chance with my first child, and I really wanted to with this one.”*

~ Amanda, WIC Breastfeeding Mom from Bismarck, N.D.

For more information about breastfeeding, check out our breastfeeding website at [www.ndhealth.gov/breastfeeding](http://www.ndhealth.gov/breastfeeding).



### Easy Slow Cooker Chicken

4 boneless, skinless chicken breasts (4 ounces each)  
1 package dry Italian dressing mix  
1 cup warm water  
2 cups cooked brown rice

1. Place chicken in a slow cooker. Sprinkle with dressing mix.
2. Pour water over chicken.
3. Cover and cook on low for 5 hours.
4. Serve over brown rice.



**Nutrition Note:** This recipe makes 4 servings. Each serving has 240 calories, 3.5 grams of fat and 25 grams of carbohydrates.

### Tips for Raising Healthy Eaters

Be patient with your child. Sometimes new foods take time. Give children a taste at first and be patient with them. Offer new foods many times.

## Pumpkin Pie Pudding

1 can (15 ounces) pumpkin  
1 can (12 ounces) evaporated milk  
 $\frac{3}{4}$  cup sugar  
 $\frac{1}{2}$  cup biscuit/baking mix  
2 eggs, beaten  
2 tablespoons butter, melted  
 $2\frac{1}{2}$  teaspoons pumpkin pie spice  
2 teaspoons vanilla extract  
Whipped topping, optional



1. In a large bowl, combine all ingredients except the whipped topping. Transfer to a 3-quart slow cooker coated with nonstick cooking spray.
2. Cover and cook on low for 6 to 7 hours.
3. Serve in bowls with whipped topping if desired.

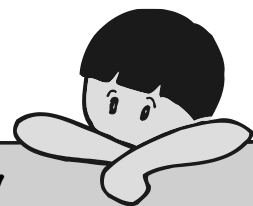
Source: Purdue University Extension, Eating Right! with Your Slow Cooker  
<http://www.cowley.ksu.edu/doc42126.ashx>

**Nutrition Note:** This recipe makes 6 servings. Each serving has 229 calories, 9 grams of fat, and 33 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the  
Special Supplemental Nutrition Program for Women, Infants & Children  
ND Department of Health - Division of Nutrition & Physical Activity  
600 E. Boulevard Avenue., Dept. 301 - Bismarck, N.D. 58505-0200  
800.472.2286, option 1

## Turn Off the TV



I spy something red! Go outside and take turns saying, "I spy something \_\_\_\_" and then together run to that object.

Source: [www.headstartbodystart.org](http://www.headstartbodystart.org)

## Converting Recipes for Your Slow Cooker

Most recipes can be converted to cooking in your slow cooker. Since liquids do not boil away in a slow cooker, in most cases, you can reduce liquids by one-third to one-half. In soups, this will not matter. Add pasta at the end of the cooking process or it may become mushy. You may want to cook pasta separately and add it just before serving. Milk, cheese and cream may be added one hour before serving.

## Time Chart for Adapting Recipes

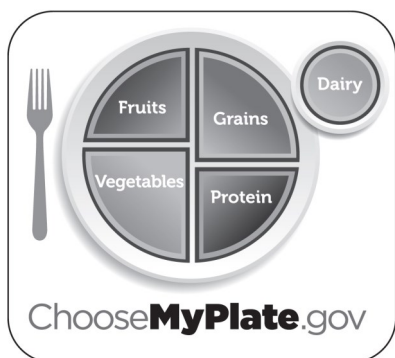
Recipe Says	Cook on Low	Cook on High
15 to 30 minutes	4 to 6 hours	1½ to 2 hours
35 to 45 minutes	6 to 10 hours	3 to 4 hours
50 minutes to 3 hours	8 to 16 hours	4 to 6 hours

Source: NDSU Extension Service, Now Serving: Slow Cooker Meals!

If you are looking for more slow cooker recipes, check out  
[www.crockingirls.com](http://www.crockingirls.com).



## GROWING HAPPY FAMILIES



## Think beyond a single meal.

Keep in mind what your child eats over time. If your child eats only a little or nothing at one meal, don't worry. He'll make up for it with other meals and snacks to get what he needs for good health over time.